GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

CHOOSING COOKWARE
Considerations Include Safety and Cleaning Ease

Choose cookware and ovenware for safety, ease of cooking and cleaning as well as for a pleasing appearance. Look for durability to stand up to daily use and good heat conduction characteristics for even cooking. Utensils should be made of a material that will not affect color, flavor or nutritive value of food being cooked.

The construction and finish of cookware should be such that the items are easy to clean. Avoid anything with crevices, seams or rough edges where food can become embedded. Be sure finish is smooth and even.

Look at the bottom of range-top cookware. Utensils should be level and flat, or slightly concave designed to flatten on heating. Such pieces will make the greatest contact with the heat source and help provide even, efficient cooking.

Don't overlook cover, knobs and handles when making selections. Top-of-range utensils need snugly fitting covers that won't fall off when moving the cookware. On the other hand, it should not be necessary to use force to remove covers.

Check that knobs, handles and handle grips on range-top and ovenware are heat - resistant, securely attached and strong. Strength and stability are safety features necessary when lifting a container filled with hot food.

Handle grips, especially on casserole items, should be comfortable and easy to grasp for putting in and removing them from the oven. Lift each utensil by the handle or grips. They should balance well with the weight of the pot to prevent tipping.

In general, try to buy the best quality the budget will allow. Cookware is used frequently and represents a substantial investment. Before purchasing, read labels, tags and manufacturers' pamphlets for information on construction, use and care. One other consideration in selection is to choose sizes and types in keeping with mealtime needs. Oftentimes, sets may be purchased less expensively than individual pieces. Be sure that all sizes included will be used.

RECIPE OF THE WEEK
Sugar Cookies

1½ cups sifted conf. sugar
1 cup butter
1 egg
1 teaspoon vanilla
½ teaspoon almond flavoring
2½ cups sifted all purpose flour
1 teaspoon cream of tartar
1 teaspoon soda

Cream sugar and butter; add egg and flavorings; mix thoroughly in Medium Mixing Bowl. Sift dry ingredients together and stir in. Seal, refrigerate 2 to 3 hours. Heat oven to 375°F. Divide dough in half and roll out on lightly floured pastry sheet or board. Roll thin, but thick enough to pick up the design in the cookie cutters. Dip cutter in flour before each cutting. Cut as many cookies from each rolling as possible. The least amount of working with the dough gives the best cookies. Place on lightly greased baking sheet. Bake 7 to 8 minutes or until delicately golden.

Make sugar cookies above. Then, before baking, paint designs on cookies with Egg Yolk Paint.

EGG YOLK PAINT

For each color, blend egg yolk and ¼ teaspoon water. Place in several small containers depending on how many different colors you wish to use. Add food coloring to each cup for desired color. Paint designs on cookies with small paintbrushes. Use a separate brush for each color.

REVIVAL SERVICES AT BEULAH CHURCH

Beulah Baptist Church, Rt. 1, Brookneal will have its Fall Revival beginning Sept. 28 and continuing through Oct. 3. The guest evangelist for this week of revival is the Rev. R. E. McDowell, a well known minister and pastor of Bethel Baptist Church.

Along with some excellent preaching during this week, there will also be special music each night. Services will begin at 7:30 p.m. and everyone is invited to attend.

Beulah Baptist Church is looking forward to this week of renewal and spiritual up-lift, and they invite YOU to be a part of it! Come and worship with the church membership each night, won't you?

APPOMATTOX WOMAN'S CLUB HONORS RESCUE SQUAD

Shown above are some of the members of the Appomattox County Rescue Squad and their families who were honored guests of the Appomattox Woman's Club at a picnic on Monday evening at the home of Mr. and Mrs. Crawford Davidson. Shown above, 1st row, left to right, James Womack, Nellie Almond and Mildred Scruggs; second row, left to right, James Carter, Jimmy Rogers, Merle Williams, Jack Williams, Katie Doss, Irene Mays, Debbie Stinnett, Edith Scruggs, Bill Harvey, and Virginia Babcock, President of Woman's Club; and on the back row, left to right, are Dot Carter, Peggy Rogers, Nedra Womack, Pete Doss, Anderson Scruggs, Carl Almond, Kelly O'Brien, Linda O'Brien, Abner Scruggs and Dot and Crawford Davidson, hosts for occasion.

The dedicated and loyal crew members were cited for the love and concern they have for their fellowman as they respond to the calls for help. Always ready, always willing, these good samaritans leave family and friends to bring comfort and to ease the pain of the sick.

Local Honorary Christmas Seal Chairman Appointed

Mrs. Emma G. Anthony, regional program director of the Virginia Lung Association's Central Region, announced today the appointment of Dr. Rufus Gordon of South Boston as 1975 Honorary Christmas Seal Campaign Chairman for the region.

In commenting on Dr. Gordon's acceptance of the duties of Honorary Chairman, Mrs. Anthony said, "Dr. Gordon has shown deep concern for the success of the lung association programs aimed at the prevention and control of all lung diseases, including tuberculosis.

He is enthusiastic about the 1975 Christmas Seals, also, because they were designed by children from the 50 United States and its four territories. They are your Christmas Seal greetings from the children of America."

Dr. Gordon stated upon acceptance of the chairmanship, "I am honored to have the opportunity to serve the Virginia Lung Association. The spirit of giving and helping is very appropriate at Christmas."

Christmas Seals have been spreading the message for almost 70 years working the whole year through against breath robbers - - lung illness, heavy cigarette smoking and air pollution. We're hoping that the entire community will support the Christmas Seal Campaign by using Seals on packages, cards, and all holiday mail."

COMMUNITY VOLUNTEERS HELP

A big thank you from Sherry Tillery on behalf of the physical educaton department to Tootsie Eggleston, Peggy Lawson, Helen Mae Beaty, Judy Deavers, Ruby Ferguson, Louise Lawson, Peggy Guill, Betty Steinkamp, Becky Shorter and Alease Cobb.

Your help with physical fitness testing at the Middle School was deeply appreciated. You're to be commended on a job well done.

Central Baptist Plans Homecoming

Central Baptist Church has planned a Homecoming celebration for Sun., Sept. 21, 1975 beginning with the 11 a.m. worship service.

Following the morning service a picnic style lunch will be served on the grounds. Let's all get our picnic baskets and plan to be at Central on Sept. 21 for a great day of Christian fellowship. All members, former members, former pastors and friends are invited to come and join us for this occasion.

A program of music is planned for the afternoon.

RUMMAGE SALE TO BENEFIT CONCORD RESCUE SQUAD

The Women's Auxiliary of Concord Rescue Squad will sponsor a rummage sale on Saturday, Sept. 13 from 9 a.m. until 7 p.m. at the new squad building on Route 460.

Many valuable items will be available for sale, some will be sold at auction. Make plans to attend and help the Auxiliary make funds that will benefit the Concord Rescue Squad.

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GR78-15	Chevrolet, Pulara, Catalina, Monterey, Fury, Catalina & others	$85.00	$6
HR78-15	Buick, Chrysler, Dodge, Ford, Olds, Pontiac	$91.30	$6
JR78-15	Ford, Mercury, Olds, Plymouth Wagon, Chrysler	$94.75	$6
LR78-15	Buick, Cadillac, Chevrolet Wagon, Plymouth, Pontiac & Lincoln Continental	$98.90	$6

Plus $2.96 to $3.46 F.E.T., depending on size, and old tire

Tire Sale Prices Remain In Effect SEPTEMBER 20, 1975
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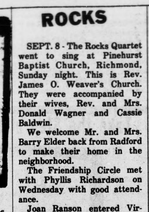

...ers Corner

...about biographies. ...ost all long and ...ough I will admit ...asy in the library ...d read.

...Called Peter by ...rshall is excellent. ...ooks, entitled, To ...s and Beyond ...are classified as ...but the best one ...written, in my ...called Christy and ...nsider biographical

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ROCKS

SEPT. 8 - The Rocks Quartet went to sing at Pinehurst Baptist Church, Richmond, Sunday night. This is Rev. James O. Weaver's Church. They were accompanied by their wives, Rev. and Mrs. Donald Wagner and Cassie Baldwin.

We welcome Mr. and Mrs. Barry Elder back from Radford to make their home in the neighborhood.

The Friendship Circle met with Phyllis Richardson on Wednesday with good attendance.

Joan Ranson entered Virginia Baptist Hospital Wednesday for surgery on Thursday. A speedy recovery is wished her.

Bill Caldwell returned home from the hospital on Friday.

Ken and Billy Caldwell were visiting Mike Richardson, of Pamplin, Thursday after school.

Dr. and Mrs. Carl A. Collins, Jr., of Lynchburg, called by to see Mrs. Bettie Ranson, of near Evergreen, on their way home from the homecoming at Rocks Sunday.

Toby Inge, who entered Duke's Hospital on last Tuesday and returned home Saturday much improved. It was good to have him at homecoming on Sunday.

It was a wonderful day at Rocks on Sunday. If it was a rainy day. We needed the rain very much. A large crowd attended. We had a former pastor, Dr. Carl A. Collins, Jr., of Lynchburg, with us as well as former members of Roanoke, Lynchburg, Lovingston, Richmond, Farmville, Powhatan and several other places. Rev. and Mrs. C. V. Williams from Winston Salem, N.C. added much to the service. Special music by the Rocks Choir, Elders and McIntosh, The Revelations from Altavisita, and our own Rocks Quartet from Rocks Baptist Church.

Pastor's Conference and B.W.M.U. Executive Meeting at Evergreen Monday (today). A number plan to attend.

Congratulations to Mr. and Mrs. George Scruggs who won a Christmas Cactus today in the drawing over WTTX for their anniversary.

...are in the library.

Last week I mentioned The Scotswoman which is a story of Flora McDonald in fiction. This week I came across a biography of her by the noted author, Elizabeth Gray Vining, who wrote Windows for the Crown Prince. The latter is the story of the author's life in Japan while acting as tutor to Prince Akihito. In later years she returned to Japan as an honored guest at the Prince's wedding. This book is called Return to Japan but is not a biography.

The library has only one biography written by Jesse Stuart and it may be the only one he has written - no that isn't right. I called the librarian and she said he also wrote To Teach To Love. That is one I must read. The first one is called God's Oddling and is about this father, Mick Stuart. You have probably read many of his books describing the country around Greenup Co., Kentucky, where he was born and still lives. The house in which he was born was a one-room log cabin but it holds many memories of his father and their way of life. You will like this.

More biographies next week.

Stonewall

Well, about all of those on vacation are back home and ready to get back on their old schedule.

Mr. and Mrs. I. B. Wheeler attended the dedication of Spout Spring Baptist Church Sunday. It was a memorial day for Mrs. Wheeler as she was so highly honored for she was the first person to join the old church and the first one to be baptised. The new church is really nice. May they really prosper and more souls be saved.

Despite the rain Saturday night, the picnic at Hebron was well attended by about 65. A-lot of grand food was served.

Mr. and Mrs. I. B. Wheeler visited Mr. and Mrs. Ben Wheeler Saturday night. Tommy stayed at the hospital Friday and his hand operated on Saturday morning. Hope he will be well by time he has to start school at VPI last of this month.

Mr. Hugh Braford was taken to McGuire Hospital Sunday for treatment.

photo by Joe Vaughan

Five Generations

Five generations, getting together and taking time out for a photo, are shown above, left to right: Helen Jamerson, great-great grandmother; Eunice M. Steppe, great grandmother; Margaret S. Smith, grandmother; Dianne S. Cook, mother; and Dwayne Cook, son.

Oakville

Mr. and Mrs. Carl Almond, of Appomattox, visited in the home of Mrs. Maggie Gardner and Ethel Monday night.

The Mt. Comfort WMU will meet Thursday night at 8 at the church. Mrs. O. W. Martin, Jr. will be presenting the program entitled "So You're Retired", with Mrs. Rachel Lawson as guest speaker.

Thursday afternoon visitors in the home of Mrs. Maggie Gardner and Ethel were Mrs. Eva Marsh, Mrs. Ray Wells, and Mrs. Louis E. Moore.

Mr. and Mrs. Charles Judy of Pineastle spent the week end with Mr. osborne and Crawford Davidson.

Mr. Crawford Davidson went to see Mrs. Annie Horsley several times last week. Her condition is about the same.

Mr. and Mrs. Hugh Braford had an army buddy and his wife from Nebraska come and spend a few days with them lately. Old acquaintances must not be forgotten. So very nice to have them.

Mr. Jon McCraw is now going to Thomas Road Baptist College. Good luck to such a nice young man.

Mr. and Mrs. Eugene Cyrus, Mr. and Mrs. Lyle Gilbert spent the Labor Day week end in Pennsylvania with Mr. Cyrus' sister and she came with them home for a visit.

The Friend Seekers S.S. Class of Mt. Comfort Church will have their annual brunswick stew Saturday afternoon at the farm of Mr. and Mrs. O. W. Martin, Jr.

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ATTENTION ADULTS

APPOMATTOX COUNTY ADULT EDUCATION PROGRAM
(All Classes Are To Be Taught By Qualified Instructors And Are Sponsored By The Appomattox County School Board)

REGISTRATION - THURSDAY NIGHT, SEPTEMBER 18, 1975,
At The Appomattox County High School,
Vocational Department

Courses	Time	Class Begins	Length Of Course	Cost	Location
Typing, Beginning	Tues. & Thurs. nights, 7:00-9:00	Thurs. Sept. 18	54 Hours	$15.00	ACHS Business Education Dept.
Typing, Advance	Tues. & Thurs. nights, 7:00-9:00	Thurs. Sept. 18	54 Hours	$15.00	ACHS Business Education Dept.
Shorthand, Beginning	Tues. & Thurs. nights, 7:00-9:00	Thurs. Sept. 18	54 Hours	$15.00	ACHS Business Education Dept.
GED Review Class (for adults who want to take the high school equivalency examination)	Tues. & Thurs. nights, 7:00-9:30	Thurs., Sept. 18	103 Hours	$35.00	ACHS
Adult Basic Education (Classes for adults who did not finish High School or Grade School and who desire to work toward securing the State Equivalency Certificate)	Tues. & Thurs. nights, 7:00-9:30; Daytime hours to be scheduled	Thurs., Sept. 18	140 Hours	FREE	Adult Center at Appomattox Elementary School
Bricklaying	Tues. & Thurs. nights, 7:00-9:30	Thurs., Sept. 18	50 Hours	$15.00	ACHS Masonry Department
Sewing, Beginning	Tues. night, 7:00-9:30	Tues., Sept. 30	40 Hours	$2.50	Appomattox Middle School, Home Economics Dept.
Art (Drawing & Painting)	Tues. or Thurs. night, 7:00-9:30	Thurs., Sept. 18	35 Hours	$15.00 plus cost of materials	ACHS Art Department
Physical Education (Men's Basketball & Weight Lifting)	Mon. & Thurs. nights	Monday, Nov. 3	40 Hours	$5.00	ACHS Physical Education Dept.
Physical Education (Women - Basketball)	Information for this class to be announced later.				
Farm Machinery Repair	Information concerning this class at Appomattox and Pamplin will be announced at a later date.				
Woodworking	Tues. & Thurs. nights, 7:00-9:30	Thurs., Oct. 9	50 Hours	$15.00 plus cost of materials	ACHS Vocational Agriculture Department
Cake Decoration (2 classes of 12-14 each)	Tues. or Thurs. night, 7:00-9:30	Thurs., Sept. 18	25 Hours	$12.50 plus cost of materials	ACHS Home Economics Department
Guitar, Beginning and Advanced	Tues. night, 7:00	Thurs., Sept. 18	10 Hours	$5.00	ACHS Music Department
Auto Mechanics (Class for women and men who are interested in learning some of the fundamentals of the automobile.)	Tues. night, 7:00-9:00	Thurs., Sept. 18	32 Hours	$10.00	ACHS, Power Mechanics Dept.
Young Homemakers (Young women 18-35 years of age)	Contact Home Economics Dept. at ACHS for information concerning this class - Phone 352-7146.				
Young Farmers (Young men from 18-35 years of age)	Contact Vocational Agriculture Department at ACHS for information concerning this class - Phone 352-7146.				
Electronics, Basic	Information for this class to be announced later.				

NOTE:

1. Appomattox County School Board reserves the right to cancel a class if less than ten (10) persons enroll for a class.
2. Enrollment fees to be collected by instructor at first class meeting.
3. Persons interested in registering for a class may call 352-8722 during the hours of 8:30 - 5:00, by coming to class the night the class starts or by mailing the registration form below.
4. Persons interested in a class not offered please contact R. B. Carter, Adult Education Coordinator, at 352-8722 and give information about class desired.

REGISTRATION

Mr.
Mrs.
Please enroll Miss _____ in the following course
_____. Telephone No. _____ and
(Name of Course)
address of enrollee _____

Mail To: Adult Education Coordinator
Appomattox County School Board
Appomattox, Virginia 24522